
COOKERY

(Two hours)

Answers to this Paper must be written on the paper provided separately.

*You will **not** be allowed to write during the first **15** minutes.*

This time is to be spent in reading the question paper.

The time given at the head of this Paper is the time allowed for writing the answers.

Attempt all questions from Section A and any four questions from Section B.

The intended marks for questions or parts of questions are given in brackets [].

SECTION A (40 Marks)

Attempt all questions from this Section

Question 1

- (a) Explain the importance of maintaining personal hygiene in the kitchen. [2]
- (b) State any two ways of accommodating an unexpected guest for a meal at home. [2]
- (c) Explain why it is important to use uncontaminated water in the kitchen. [2]
- (d) List any four perishable foods. [2]
- (e) Give any four examples of dehydrated foods. [2]

Question 2

- (a) List two advantages of a buffet service. [2]
- (b) The preschool stage is the right age to inculcate good eating habits. Suggest any two ways of doing so. [2]
- (c) Why should the likes and dislikes of a patient be kept in mind while serving food during recovery from an illness? [2]
- (d) List two advantages of one wall kitchen layout. [2]
- (e) List two pest control measures for rodents. [2]

This Paper consists of 3 printed pages and 1 blank page.

Question 3

- (a) Name two foods which are rich sources of minerals, yet cheaply available. [2]
- (b) Name any two fruit which are commonly used for making pickles. [2]
- (c) List any two measures to keep the kitchen sink clean and unclogged. [2]
- (d) Write two precautionary measures to be taken regarding the flooring to ensure safety in the kitchen. [2]
- (e) List any two precautions to be taken for maintenance of Nonstick cookware. [2]

Question 4

- (a) Describe two ways in which diet can be modified to be used as a therapy. [2]
- (b) A meal plan needs to accommodate the traditional and cultural habits of the family. Explain with an example. [2]
- (c) Name any two considerations to be kept in mind while planning the kitchen walls. [2]
- (d) State any two safety precautions to be kept in mind while using a pressure cooker. [2]
- (e) Suggest any two guidelines for placement of cutlery while setting the table. [2]

SECTION B (60 Marks)

Attempt any four questions from this Section.

Question 5

- (a) What are the factors to be considered while planning a kitchen? [5]
- (b) Explain the different methods of work simplification techniques. [5]
- (c) How can you avoid fatigue in the kitchen? [5]

Question 6

- (a) Describe the importance and care of the dustbins used in the kitchen. [5]
- (b) List five preventive or curative measures for controlling infestation of the following pests in the kitchen.
- (i) Cockroach
 - (ii) Ant
- (c) How can the kitchen be kept clean throughout the year? [5]

Question 7

- (a) Name any two metals used for making cooking utensils. List an advantage and a disadvantage of using each of these metals. [5]
- (b) How shall one take care of a microwave oven? List three factors to be kept in mind while choosing microwave proof cookware. [5]
- (c) Enumerate five ways to take care of the plastic-ware used in the kitchen. [5]

Question 8

- (a) Explain any five causes of food spoilage. [5]
- (b) How should one store fruits and vegetables which are freshly harvested from a garden? [5]
- (c) Write a short note on canning. [5]

Question 9

- (a) What are the advantages of preserving food? [5]
- (b) Explain the psychological aspects of meal planning. [5]
- (c) Name the five food groups and discuss the nutritional contribution of each group. [5]

Question 10

State the factors to be kept in mind while planning meals for:

- (a) A diabetic person. [5]
- (b) Senior citizens [5]
- (c) Person suffering from diarrhea. [5]